

What Are "Stickies" and How to Deal With Them

Turn on your device, select the mode you wish to use. set the electrode (the two stainless steel rectangles on the underside of device or an attachment Y probe, etc., if connected) on the skin near the intended treatment area and push the power intensity (usually is a + or an arrow) button to increase the level of power until patient just feels a tingling sensation.

Slowly and firmly move the electrode over the skin in one direction, noticing differences as it glides over the skin. These differences could be:

- Resistance or tugging or "stickiness" in one area -- where it feels like the electrodes are gripping the skin a bit.
- Redness (or sometimes paleness) in the skin tone after the electrodes move over a certain area
- A change in sound (the buzzing grows quieter or louder)
- Noticeable change in sensitivity of the patient in a certain area

Any of these differences could reveal an "area of activity", which indicates you may want to treat that area- especially where you feel any drag occur.

If you detect any of the above four qualities, keeping the electrode on the skin, move the device top to bottom, left to right, right to left and then bottom to top over the area in about a 2-3 inch circumference.

When you detect an area that is slow to improve, hold the electrodes in that spot for one or two minutes and also glide electrode back and forth (called "painting") over area going different directions, but focus on the direction that has the most drag (stickiness).

Continue until stickiness feels smoother at which time the area will normally feel improved and tightness or pain should be lessened. Repeat as necessary.

Reset the device to the default mode but keep the power settings the same and "paint" the entire area.

